

# Group Exercise and SilverSneakers®

## December 2015

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
<b>9 a.m.</b>							Yoga Core
<b>9:30 a.m.</b>		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	Cardio X-Train
<b>10:30 a.m.</b>		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		ZUMBA® Gold
<b>4:30 p.m.</b>			Adult Drop-in Basketball		Adult Drop-in Basketball		
<b>5:30 p.m.</b>			Joyful Hoops	20/20/20 Pilates			
<b>6 p.m.</b>		Yoga	Yoga				
<b>6:30 p.m.</b>	Adult Drop-in Volleyball	ZUMBA®	Kickboxing	Beginning Yoga Shred 60	ZUMBA® Cardio Core		
<b>7:30 p.m.</b>			Core Essentials		Healthy Back		

\*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

### Excel Tae Kwon Do

Mondays and Thursdays,  
January 4–February 11  
5:30–6:30 p.m. • \$50 • Register by 1/10.  
For all ages. Registration opens 12/7.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

### SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



### Hours:

Mon.–Fri.: 5 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday hours:

December 24: 7 a.m.–1 p.m.  
December 25: Closed  
December 31: 7 a.m.–1 p.m.

### Group Exercise winter session II trial week

Try any class for free January 4–9.

This winter session runs through February 14.



1700 W. Bloomfield Rd.  
812-349-3720



Twin Lakes Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) December 2015

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities  
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

## ADDITIONAL ACTIVITIES

### Legal Counseling

December 7 • 3 p.m.  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Pickleball

M, W, F • 9:30 a.m.–1 p.m. • Court 4  
TLRC or SilverSneakers®  
membership or purchase  
of a daily admission  
pass is required to  
participate.



### Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Schwartz at 812-349-3770 or schwartm@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required. Includes:**

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
  - Skinfold analysis: \$25
  - Bioimpedance analysis: \$5

**By appointment only • For all ages.**



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RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

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